

**Epi Update for Friday, May 24, 2019**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

**Items for this week's Epi Update include:**

- **Clarifying recommendations for adult MMR vaccination and assessing immunity**
- **Hepatitis A outbreaks around U.S. highlight importance of testing, vaccination**
- **Tick removal and testing**
- **Summer food safety tips**
- **In the news: Tattoo inks recalled because they're contaminated with bacteria**
- **In the news: More people are eating marine animals - with deadly results**
- **In the news: When travelers bring skin infections back as souvenirs**
- **Infographic: Get ready to grill safely**

**Clarifying recommendations for adult MMR vaccination and assessing immunity**

In response to questions received by the department, IDPH would like to highlight the following recommendations concerning measles vaccination and immunity:

- Health care providers do not need to actively screen adult patients for measles immunity. This is because of high population immunity and low risk of disease among adults in non-outbreak settings. Note: some health care facilities do test employees for immunity to measles as a condition of employment.
- Health care providers should make sure patients have measles protection before international travel. Those who acquire measles abroad can transmit the disease to susceptible persons, such as infants, when they return home.
- If a patient is traveling internationally and measles immunity is unknown, health care providers should vaccinate, unless there are contraindications. Serologic testing for measles immunity is not recommended.
- During outbreaks, health care providers should consult with public health for the most up-to-date recommendations. This may include additional doses of MMR for patients.

For more information, visit

[www.cdc.gov/measles/downloads/Dear-Provider-adults-surveillance-team.docx](http://www.cdc.gov/measles/downloads/Dear-Provider-adults-surveillance-team.docx).

**Hepatitis A outbreaks around U.S. highlight importance of testing, vaccination**

Although Iowa has not seen an increase in hepatitis A cases, hepatitis A outbreaks across the U.S. have been linked to over 17,000 cases, 9,500 hospitalizations, and 170 deaths in 22 states since 2016. The highest risk groups for acquiring hepatitis A in these outbreaks include:

- People who use injection and non-injection drugs
- People experiencing homelessness or unstable housing
- People who are currently or were recently incarcerated
- Men who have sex with men (MSM)

Test patients for hepatitis A who present with compatible symptoms: fever, headache, fatigue, malaise, nausea, anorexia, abdominal pain, vomiting, diarrhea, dark urine, light colored stool, and jaundice. Do not test asymptomatic patients. Testing should include hepatitis A IgM antibody testing and liver function tests.

Promote hepatitis A vaccine among patients, including:

- People who use injection and non-injection drugs
- People experiencing homelessness or unstable housing
- People who are currently or were recently incarcerated
- Men who have sex with men (MSM)
- People with direct contact with someone who has hepatitis A
- People traveling to areas where hepatitis A is common
- All people who wish to be protected

One dose of single-antigen hepatitis A vaccine has been shown to control outbreaks and protects most individuals, but two doses should be given to ensure long-term protection.

For more information about hepatitis A, visit [wiki.idph.iowa.gov/epimanual/Home/CategoryID/83](http://wiki.idph.iowa.gov/epimanual/Home/CategoryID/83).

For more information about hepatitis A outbreak around the U.S., visit [www.cdc.gov/hepatitis/outbreaks/2017March-HepatitisA.htm](http://www.cdc.gov/hepatitis/outbreaks/2017March-HepatitisA.htm).

### **Tick removal and testing**

IDPH has received multiple calls recently about laboratory testing for ticks found on individuals. In general, it is not recommended to test removed ticks for evidence of infection. If an individual develops rash or fever within several weeks of removing a tick, he or she should see a health care provider. The patient should tell the provider about the recent tick bite, when the bite occurred, and where the tick was most likely acquired. CDC has online resources to help patients identify various ticks and the diseases various ticks transmit.

For guidance on tick removal and testing, visit [www.cdc.gov/lyme/removal/index.html](http://www.cdc.gov/lyme/removal/index.html).

### **Summer food safety tips**

Foodborne illnesses tend to increase during the summer, when warmer temperatures help foodborne pathogens such as *Salmonella* thrive. Did you know when temperatures reach 90°F perishable foods should be refrigerated within 1 hour to prevent growth of bacterial pathogens?

Here are a few more summer food safety tips:

- When cooking food in advance for large groups, divide cooked food into shallow containers and store in the refrigerator or freezer to cool it rapidly.
- When grilling, throw out marinades and sauces that have touched raw meat juices, and always use clean utensils and a clean plate to remove cooked meat from the grill.
- When attending summer gatherings or events, bring hand sanitizer or disposable wipes in case there aren't any places to wash your hands.
- Always remember the four steps to food safety: Clean, Separate, Cook, and Chill.

For more information, visit [www.cdc.gov/foodsafety/keep-food-safe.html](http://www.cdc.gov/foodsafety/keep-food-safe.html).

### **In the news: Tattoo inks recalled because they're contaminated with bacteria**

[www.usatoday.com/story/money/2019/05/16/tattoo-inks-recalled-fda-bacteria-contamination/3690764002/](http://www.usatoday.com/story/money/2019/05/16/tattoo-inks-recalled-fda-bacteria-contamination/3690764002/)

**In the news: More people are eating marine animals - with deadly results**

[www.nationalgeographic.com/environment/2019/05/people-eating-decaying-dead-sea-creatures-dying/](http://www.nationalgeographic.com/environment/2019/05/people-eating-decaying-dead-sea-creatures-dying/)

**In the news: When travelers bring skin infections back as souvenirs**

[www.nytimes.com/2019/05/06/well/live/when-travelers-bring-skin-infections-back-as-souvenirs.html](http://www.nytimes.com/2019/05/06/well/live/when-travelers-bring-skin-infections-back-as-souvenirs.html)

**Infographic: Get ready to grill safely**

**Get Ready to Grill Safely**

**Cook**

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

<b>145°F</b>	beef, pork, lamb, veal (then let rest 3 minutes before serving)
<b>145°F</b>	fish
<b>160°F</b>	hamburgers and other ground meat
<b>165°F</b>	poultry

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 **www.cdc.gov/foodsafety**

To view in full size, visit

[www.cdc.gov/foodsafety/images/socialmedia/Cook-Instagram-GrillSafety-1200px.jpg](http://www.cdc.gov/foodsafety/images/socialmedia/Cook-Instagram-GrillSafety-1200px.jpg).

**Have a healthy and happy week!**

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